

HEALTHY REWARDS



*If good health is its own reward,
consider this a well-deserved bonus.*

A big part of staying healthy is the freedom to make your own choices. From acupuncture to buying vitamins online. From an aerobics class to a therapeutic massage — you have options like never before.

So how can you afford to make beneficial alternatives a regular part of your health regimen? That's the idea behind **Healthy Rewards**.

It can save members of any CIGNA medical and dental HMO plans up to 60 percent on a range of complementary and alternative care services and products. The discounts apply whenever you use **Healthy Rewards** participating providers. To find them, simply call 1-800-870-3470. Or, visit **www.cigna.com/healthyrewards**.

No referrals. No claim forms. No catch.

Healthy Rewards are separate from your regular plan benefits, so they don't apply to your plan copayments or coinsurance. The choice to use them is entirely yours — no doctor's referral required. No claim forms, either. Set the appointments yourself, and enjoy the savings by showing your ID card when you pay for services. There's no time limit or maximum to **Healthy Rewards** if you're a member.

So use them whenever you need them.

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Reward yourself. The following **Healthy Rewards** are available to members of *any* CIGNA plan (medical dental HMO and behavioral care plan). As the list of rewards grows, we'll update you.

Acupuncture: A painless, ancient healing technique, acupuncture can correct imbalances in the body caused by a variety of illnesses or conditions, resulting in pain relief and better health. *Savings: Up to 25%*

Chiropractic Care: Relief from pain, better mobility and improved circulation are proven benefits of this time-honored method. *Savings: Up to 25%*

Cosmetic Dentistry: Saving money is something to smile about. Participating dentists offer dental whitening and veneers at a special rate. *Savings: Up to 20%*

Online Health & Beauty Products: An online pharmacy that stocks the same health and wellness items as the corner drugstore — for less.

Fitness Club Memberships: **Healthy Rewards** offers you fitness club memberships at reduced rates. Simply choose a participating facility, and you'll receive access to fitness activities from aerobics to weight-lifting. *Savings: Up to 60%*

Hearing Care: Save up to 58% on hearing aids and up to 40% on hearing tests. Screenings are free. *Savings: Up to 58%*

Laser Vision Correction: A technique that can reduce or eliminate the need for glasses or contacts. Initial consultations are free with participating providers. *Savings: Up to 25%*

Massage Therapy: A variety of new and ancient massage techniques that soothe muscles, tone up circulation and relieve pain naturally. *Savings: Up to 25%*

Natural Supplements: Order vitamins and herbal supplements at a deep discount by visiting www.cigna.com/healthyrewards. Purchases are delivered to your door free of charge. *Savings: Up to 40%*

Tobacco Cessation: Thanks to this telephonic and web-based program, tobacco users receive support and a personalized "quit plan" to meet their individual needs. Quit today for a healthier tomorrow! *Savings: Up to 10%*

Weight Management: This unique program incorporates four important elements of weight control: nutrition, exercise, guided imagery and relaxation techniques to help achieve a positive outcome. Participants can obtain personal progress reports and track their own improvements. *Savings: Up to 10%*

Vision Care: Feast your eyes on significant savings! **Healthy Rewards** discounts are honored at thousands of eye care locations nationwide. Enjoy savings on frames, exams, lenses and contacts (includes mail-order contact lens program). *Savings: Up to 56%*

